

Fig. 1

Time	Starting Sugar	Toasts	Meal			Insulin	Dose				Ending Sugar
			1	2	Total		1	2	3	Total	
8:00 am	144	2 ⁺¹⁰⁸	+108		+108	7 ⁻¹⁰⁸	-108				144
9:00 am	144										144

Fig. 2.

Time	Starting Sugar	Toasts	Meal			Insulin	Dose				Ending Sugar
			1	2	Total		1	2	3	Total	
8:00 am	144	2 ⁺¹⁰⁸	+108		+108	4 ⁻¹⁰⁸					252
9:00 am	252						4			-54	198
10:00 am	198						4			-54	144
11:00 am	144										144

Fig. 3

Time	Starting Sugar	Toasts	Meal			Insulin	Dose				Ending Sugar
			1	2	Total		1	2	3	Total	
8:00 am	144	2 ⁺¹⁰⁸	+108		+108	16 ⁻⁴³²	-432			-432	-180

Fig. 4

Time	Starting Sugar	Toasts	Meal			Insulin	Dose				Ending Sugar
			1	2	Total		1	2	3	Total	
8:00 am	144	2 ⁺¹⁰⁸	+86		+86	16 ⁻⁴³²					180
9:00 am	180		+86		+86						216
10:00 am	216		+86		+86		7			-27	225
11:00 am	225						7			-27	198
12:00 pm	198						7			-27	171
1:00 pm	171						7			-27	144
2:00 pm	144						7			-27	117
3:00 pm	117						7			-27	90

Figure 5

Time	Starting Sugar	Toasts	Meal			Insulin	Dose				Ending Sugar
			1	2	Total		1	2	3	Total	
6:00 am	144					16 ⁴⁰					144
7:00 am	144										144
8:00 am	144	2 ¹⁰⁸	+36		+36		27			-27	133
9:00 am	133		+36		+36		27			-27	132
10:00 am	132		+36		+36		27			-27	131
11:00 am	131						27			-27	144
12:00 pm	144						27			-27	137
1:00 pm	137						27			-27	90

Fig. 6

Time	Starting Sugar	Toasts	Meal			Insulin	Dose				Ending Sugar
			1	2	Total		1	2	3	Total	
8:00 am	144					16 ⁴⁰					144
9:00 am	144										144
10:00 am	144	2 ¹⁰⁸	+36		+36		27			-27	133
11:00 am	133		+36		+36		27			-27	132
12:00 pm	132		+36		+36		27			-27	131
1:00 pm	131						27			-27	144
2:00 pm	144						27			-27	137
3:00 pm	137						27			-27	90

Time	Starting Sugar	Toasts	Meal			Insulin	Dose				Ending Sugar
			1	2	Total		1	2	3	Total	
8:00 am	144					16					144
9:00 am	144	1 ⁺⁶⁴	+18		+18						162
10:00 am	162		+18		+18		-27			-27	163
11:00 am	163		+18		+18		-27			-27	144
12:00 pm	144	1 ⁺⁶⁴	+18		+18		-27			-27	165
1:00 pm	165		+18		+18		-27			-27	166
2:00 pm	166		+18		+18		-27			-27	147
3:00 pm	147						-27			-27	90

[illegible]

Fig. 9

[illegible]

Fig. 10

[illegible]

Fig. 11

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 ⁺⁶⁴	+18		+18	11 ⁻²⁰⁷					126
9:00 am	126		+18		+18						144
10:00 am	144	1 ⁺⁶⁴	+18	+18	+36		-32.5			-32.5	147.5
11:00 am	147.5			+18	+18		-32.5			-32.5	153
12:00 pm	153	3 ⁺⁶²	+54	+18	+72		-32.5			-32.5	172.5
1:00 pm	172.5		+54		+54		-32.5			-32.5	194
2:00 pm	194	1 ⁺⁶⁴	+54	+18	+72		-32.5			-32.5	233.5
3:00 pm	233.5			+18	+18		-32.5			-32.5	249
4:00 pm	249	1 ⁺⁶⁴	+18	+18	+36		-16.2			-16.2	289
5:00 pm	289		+18		+18		-16.2			-16.2	290.5
6:00 pm	290.5	3 ⁺⁶²	+18	+54	+72	11 ⁻²⁰⁷	-16.2			-16.2	290.5
7:00 pm	290.5			+54	+54		-16.2			-16.2	304
8:00 pm	304			+54	+54		-16.2	-32.4		-48.6	339.5
9:00 pm	339.5	1 ⁺⁶⁴	+18		+18		-16.2	-32.4		-48.6	309
10:00 pm	309		+18		+18			-32.4		-32.4	294.5
11:00 pm	294.5		+18		+18			-32.4		-32.4	280

Fig. 11, continued

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
12:00 am	280						-32.4			-32.4	247.5
1:00 am	247.5						-32.4			-32.4	215
2:00 am	215						-16.2			-16.2	199
3:00 am	199						-16.2			-16.2	183
4:00 am	183						-16.2			-16.2	166.5
5:00 am	166.5						-16.2			-16.2	150.5
6:00 am	150.5						-16.2			-16.2	134
7:00 am	134						-16.2			-16.2	118

Fig. 12

[illegible]

Fig. 13

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 ⁺⁵⁴	+18		+18	18 ⁻⁴⁸					106
9:00 am	106		+18		+18						104
10:00 am	104	1 ⁺⁵⁴	+18	+18	+36		-54			-54	106
11:00 am	106			+18	+18		-54			-54	90
12:00 pm	90	3 ⁺⁶²	+54	+18	+72		-54			-54	108
1:00 pm	108		+54		+54		-54			-54	108
2:00 pm	108	1 ⁺⁵⁴	+54	+18	+72		-54			-54	106
3:00 pm	106			+18	+18		-54			-54	90
4:00 pm	90	1 ⁺⁵⁴	+18	+18	+36	4 ⁻¹⁰⁸	-27			-27	99
5:00 pm	99		+18		+18		-27			-27	90
6:00 pm	90	3 ⁺⁶²	+18	+54	+72		-27	-13		-40	102
7:00 pm	102			+54	+54		-27	-13		-40	106
8:00 pm	106			+54	+54		-27	-13		-40	100
9:00 pm	100						-27	-13		-40	100
10:00 pm	100	1 ⁺⁵⁴	+18		+18			-13		-13	105
11:00 pm	105		+18		+18			-13		-13	100

Figur 14

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	144					18 ⁻⁴⁸⁶					144
9:00 am	144										144
10:00 am	144	2 ⁺¹⁰⁸	+86		+86		-54			-54	126
11:00 am	126		+86		+86		-54			-54	108
12:00 pm	108		+86		+86		-54			-54	90
1:00 pm	90						-54			-54	90
2:00 pm	90						-54			-54	90
3:00 pm	90						-54			-54	90

Fig. 15

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	144					18 ⁻⁴⁸⁶					144
9:00 am	144										144
10:00 am	144	2 ⁺¹⁰⁸	+86		+86		-54			-54	126
11:00 am	126		+86		+86		-54			-54	108
12:00 pm	108		+86		+86		-54			-54	90
1:00 pm	90	3.5 ⁺¹⁸⁹	+63		+63		-54			-54	99
2:00 pm	99		+63		+63		-54			-54	108
3:00 pm	108		+63		+63		-54			-54	117

Fig. 15 b

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
4:00 pm	147					4 -108	27			27	90
5:00 pm	90	3 +62	+64		+64		27			27	147
6:00 pm	147		+64		+64		27 -12			29	132
7:00 pm	132		+64		+64		27 -12			29	147
8:00 pm	147	1 +64	+18		+18		27 -12			29	126
9:00 pm	126		+18		+18		27 -12			29	105
10:00 pm	105	1 +64	+18 +18		+66		-12			-12	129
11:00 pm	129		+18		+18		-12			-12	135

Fig. 15 c

[illegible]

Fig 16

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	144					18 ⁻⁴⁸⁶					144
9:00 am	144										144
10:00 am	144	2 ⁺⁰⁸	+86		+86		-54			-54	126
11:00 am	126		+86		+86		-54			-54	108
12:00 pm	108	2.5 ⁺³⁵	+86	+45	+131		-54			-54	135
1:00 pm	135			+45	+45		-54			-54	126
2:00 pm	126			+45	+45		-54			-54	117
3:00 pm	117	1 ⁺⁶⁴	+54		+54		-54			-54	117

Fig. 17

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 ⁺⁵⁴	+18		+18	18 ⁻⁴⁸⁶					126
9:00 am	126		+18		+18						144
10:00 am	144	1 ⁺⁵⁴	+18	+18	+36	4 ⁻¹⁰⁸	-54			-54	126
11:00 am	126		+18		+18		-54			-54	90
12:00 pm	90	5 ⁺²⁰	+90	+18	+108		-54	-13		-67	131
1:00 pm	131		+90		+90		-54	-13		-67	134
2:00 pm	134		+90		+90		-54	-13		-67	117
3:00 pm	117						-54	-13		-67	110
4:00 pm	110	2 ⁺⁰⁸	+86		+86	6 ⁻¹⁶²	-27	-13		-40	106
5:00 pm	106		+86		+86		-27	-13		-40	102
6:00 pm	102		+86		+86		-27	-5	-18	-50	88
7:00 pm	88	3 ⁺⁶²	+54		+54		-27	-5	-18	-50	92
8:00 pm	92		+54		+54		-27	-5	-18	-50	96
9:00 pm	96		+54		+54		-27	-5	-18	-50	100
10:00 pm	100	2 ⁺⁰⁸	+86		+86			-5	-18	-23	113
11:00 pm	113		+86		+86			-5	-18	-23	126

Fig. 17, continued.

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
12:00 am	126		+36		+36				9	9	123
1:00 am	123								9	9	124
2:00 am	124								9	9	125
3:00 am	125								9	9	126
4:00 am	126								9	9	127
5:00 am	127								9	9	128
6:00 am	128										128
7:00 am	128										128

Figure 18

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	128	1 ⁺⁵⁴	+18		+18	18 ⁻⁴⁸					126
9:00 am	126		+18		+18						124
10:00 am	124	1 ⁺⁵⁴	+18	+18	+36	4 ⁻¹⁰⁸	-54			-54	126
11:00 am	126			+18	+18		-54			-54	90
12:00 pm	90	5 ⁺²⁷⁰	+90	+18	+108		-54	-13		-67	121
1:00 pm	121		+90		+90		-54	-13		-67	124
2:00 pm	124		+90		+90		-54	-13		-67	127
3:00 pm	127						-54	-13		-67	120
4:00 pm	120	2 ⁺¹⁰⁸	+36		+36		-27	-13		-40	126
5:00 pm	126		+36		+36		-27	-13		-40	122
6:00 pm	122	1 ⁺⁵⁴	+36	+18	+54		-27	5		-32	124
7:00 pm	124			+18	+18		-27	5		-32	120
8:00 pm	120			+18	+18		-27	5		-32	96
9:00 pm	96	1 ⁺⁵⁴	+18		+18		-27	5		-32	92
10:00 pm	92		+18		+18			5		5	95
11:00 pm	95		+18		+18			5		5	128

Fig.18 Continued.

12:00 am	108						108
1:00 am	108						108
2:00 am	108						108
3:00 am	108						108
4:00 am	108						108
5:00 am	108						108
6:00 am	108						108
7:00 am	108						108

Fig. 19

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	T ⁺⁶⁴	+18		+18	16 ⁻⁴⁸⁶					106
9:00 am	106		+18		+18						104
10:00 am	104	T ⁺⁶⁴	+18	+18	+36		-54			-54	106
11:00 am	106			+18	+18		-54			-54	90
12:00 pm	90	T ⁺⁶²	+54	+18	+72		-54			-54	108
1:00 pm	108		+54		+54		-54			-54	108
2:00 pm	108	T ⁺⁶⁴	+54	+18	+72		-54			-54	106
3:00 pm	106			+18	+18		-54			-54	90
4:00 pm	90	T ⁺⁶⁴	+18	+18	+36	10 ⁻²⁷⁰	-27			-27	90
5:00 pm	90		+18		+18		-27			-27	90
6:00 pm	90	T ⁺²⁷⁰	+18	+90	+108		-27	-30		-57	101
7:00 pm	101			+90	+90		-27	-30		-57	104
8:00 pm	104			+90	+90		-27	-30		-57	207
9:00 pm	207						-27	-30		-57	100
10:00 pm	100	T ⁺⁶⁴	+18		+18			-30		-30	108
11:00 pm	108		+18		+18			-30		-30	106

Fig. 19, continued

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
12:00 am	126	1 ⁴	+18	+18	+36		-15			-15	147
1:00 am	147			+18	+18		-15			-15	160
2:00 am	160			+18	+18		-15			-15	163
3:00 am	163						-15			-15	168
4:00 am	168						-15			-15	123
5:00 am	123						-15			-15	108
6:00 am	108										108
7:00 am	108										108

Fig. 20

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
9:00 am	108	2 ¹⁰⁸	+6		+6	12 ¹⁰⁸					108
10:00 am	108		+6		+6		-6			-6	144
11:00 am	144		+6		+6		-6			-6	144
12:00 pm	144					18 ¹⁶²	-6			-6	144
1:00 pm	144	3 ¹⁶²	+4		+4		-4			-4	108
2:00 pm	108		+4		+4		-4			-4	108
3:00 pm	108	1 ⁶⁴	+4	+18	+22	6 ¹⁶²	-4			-4	126
4:00 pm	126			+18	+18		-18			-18	126
5:00 pm	126			+18	+18		-18			-18	126
6:00 pm	126					18 ¹⁶²	-18			-18	108
7:00 pm	108	3 ¹⁶²	+4		+4		-4			-4	108
8:00 pm	108		+4		+4		-4			-4	108
9:00 pm	108		+4		+4	6 ⁵⁴	-4			-4	108
10:00 pm	108	1 ⁶⁴	+18		+18		-18			-18	108

Fig. 21

	Time		Sample Results
Step 1	Time= 8:00 am	Blood sugar reading	180
Step 2	Immediately 8:00 am	Eat 2 Toasts	
Step 3	+½ hour, Time= 8:30 am	Blood sugar reading	198
	+½ hour, Time= 9:00 am	Blood sugar reading	215
	+½ hour, Time= 9:30 am	Blood sugar reading	234
	+½ hour, Time= 10:00 am	Blood sugar reading	250
	+½ hour, Time= 10:30 am	Blood sugar reading	270
	+½ hour, Time= 11:00 am	Blood sugar reading	288
Step 4	Immediately 11:00 am	Take 12 units of fast-acting insulin	
Step 5	+½ hour, Time= 11:30 am	Blood sugar reading	270
	+½ hour, Time= 12:00 pm	Blood sugar reading	250
	+½ hour, Time= 12:30 pm	Blood sugar reading	234
	+½ hour, Time= 1:00 pm	Blood sugar reading	215
	+½ hour, Time= 1:30 pm	Blood sugar reading	198
	+½ hour, Time= 2:00 pm	Blood sugar reading	180

Figure 22

	Time		Original Results	Exercise Results
Step 1	Starting Time 8:00 am	Starting blood sugar reading	180	144
Step 2	Immediately 8:00 am	Eat 2 Toasts		
Step 3	½ hour later 8:30 am	Your typical exercise		
		Normal morning activities		
	3 hrs after first reading 11:00 am	Blood sugar reading	288	198

Fig. 23

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108										108
9:00 am	108	2 ⁺⁶⁸	+66		+66	12 ⁻¹⁰⁸	-66			-66	108
10:00 am	108		+66		+66		-66			-66	108
11:00 am	108		+66		+66		-66			-66	108
12:00 pm	108										108
1:00 pm	108	3 ⁺⁶²	+54		+54	18 ⁻¹⁶²	-54			-54	108
2:00 pm	108		+54		+54		-54			-54	108
3:00 pm	108	1 ⁺⁶⁴	+54	+18	+72	6 ⁻⁵⁴	-54	-18		-72	108

[illegible][illegible]

Fig. 24

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108										108
9:00 am	108	2 ⁺¹⁰⁸	+86		+86	12 ⁻¹⁰⁸					144
10:00 am	144		+86		+86		86			-86	144
11:00 am	144		+86		+86		86			-86	144
12:00 pm	144						86			-86	108
1:00 pm	108	3 ⁺¹⁶²	+84		+84	18 ⁻¹⁶²					162
2:00 pm	162		+84		+84		84			-84	162
3:00 pm	162	1 ⁺⁸⁴	+84	+18	+102	6 ⁻⁸⁴	84			-84	180
4:00 pm	180			+18	+18		84	-18		-72	126
5:00 pm	126			+18	+18			-18		-18	126
6:00 pm	126					18 ⁻¹⁶²		-18		-18	108
7:00 pm	108	3 ⁺¹⁶²	+84		+84		84			-84	108
8:00 pm	108		+84		+84		84			-84	108
9:00 pm	108		+84		+84	6 ⁻⁸⁴	84			-84	108
10:00 pm	108	1 ⁺⁸⁴	+18		+18		-18			-18	108
11:00 pm	108		+18		+18	26 ⁽⁰⁾	-18			-18	108

Fig. 24, continued

[illegible]

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108										108
9:00 am	108	2 ⁺¹⁰⁸	+36		+36	12 ⁺¹⁰⁸					108
10:00 am	108		+36		+36		-36			-36	144
11:00 am	144		+36		+36		-36			-36	144
12:00 pm	144					18 ⁺¹⁶²	-36			-36	144
1:00 pm	144	3 ⁺¹⁶²	+54		+54		-54			-54	108
2:00 pm	108		+54		+54		-54			-54	108
3:00 pm	108	1 ⁺⁵⁴	+54	+18	+72	6 ⁺¹⁶²	-54			-54	126

[illegible]

Fig. 26

[illegible]

Fig. 27

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am	108	1 ⁺⁵⁴	+18		+18	18 ⁻⁴⁸⁶					126
9:00 am	126		+18		+18						144
10:00 am	144	1 ⁺⁵⁴	+18	+18	+36		-54			-54	126
11:00 am	126			+18	+18		-54			-54	90
12:00 pm	90	3 ⁺¹⁶²	+54	+18	+72		-54			-54	108
1:00 pm	108		+54		+54		-54			-54	108
2:00 pm	108	1 ⁺⁵⁴	+54	+18	+72		-54			-54	126
3:00 pm	126			+18	+18		-54			-54	90
4:00 pm	90	1 ⁺⁵⁴	+18	+18	+36	4 ⁻¹⁰⁸	-27			-27	90
5:00 pm	90		+18		+18		-27			-27	90
6:00 pm	90	3 ⁺¹⁶²	+18	+54	+72		-27	-12		-39	123
7:00 pm	123			+54	+54		-27	-12		-39	138
8:00 pm	138			+54	+54		-27	-12		-39	133
9:00 pm	133						-27	-12		-39	144
10:00 pm	144	1 ⁺⁵⁴	+18		+18			-12		-12	120
11:00 pm	120		+18		+18	26 ⁽ⁱ⁾		-12		-12	126

Fig. 27, continued

[illegible]

Fig. 28

Chart I

	Line	Time		Your Results
Step 1	1	Time=	Blood sugar reading	
Step 2	2	Immediately	Eat 2 Toasts	
Step 3	3	+½ hour, Time=	Blood sugar reading	
	4	+½ hour, Time=	Blood sugar reading	
	5	+½ hour, Time=	Blood sugar reading	
	6	+½ hour, Time=	Blood sugar reading	
	7	+½ hour, Time=	Blood sugar reading	
	8	+½ hour, Time=	Blood sugar reading	
Step 4	9	Immediately	Take 12 units of fast-acting insulin	
Step 5	10	+½ hour, Time=	Blood sugar reading	
	11	+½ hour, Time=	Blood sugar reading	
	12	+½ hour, Time=	Blood sugar reading	
	13	+½ hour, Time=	Blood sugar reading	
	14	+½ hour, Time=	Blood sugar reading	
	15	+½ hour, Time=	Blood sugar reading	

Fig. 29

CHART II

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
8:00 am											
9:00 am											
10:00 am											
11:00 am											
12:00 pm											
1:00 pm											
2:00 pm											
3:00 pm											
4:00 pm											
5:00 pm											
6:00 pm											
7:00 pm											
8:00 pm											
9:00 pm											
10:00 pm											
11:00 pm						26 ⁽¹⁾					

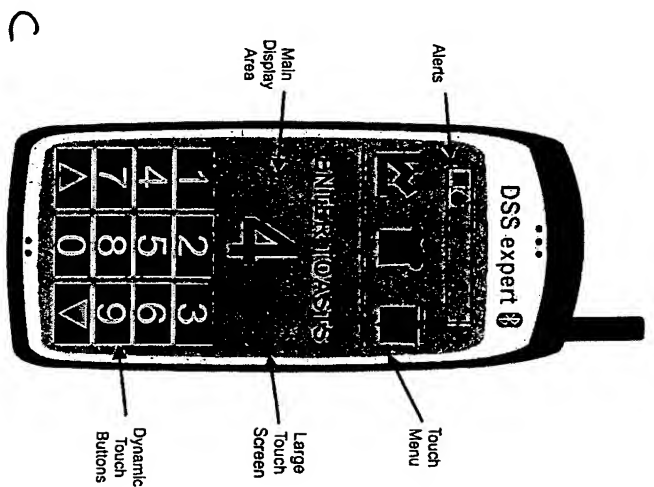
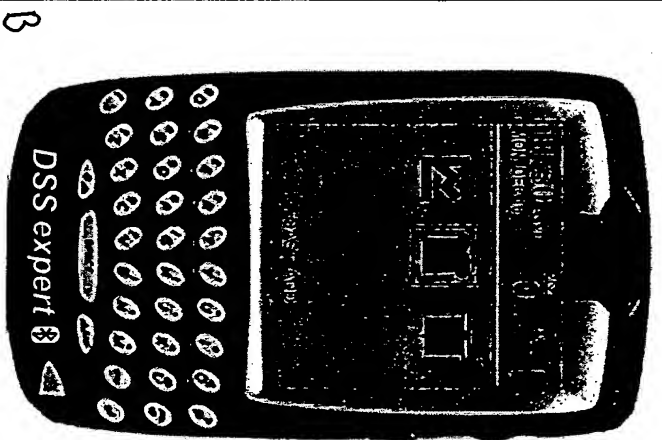
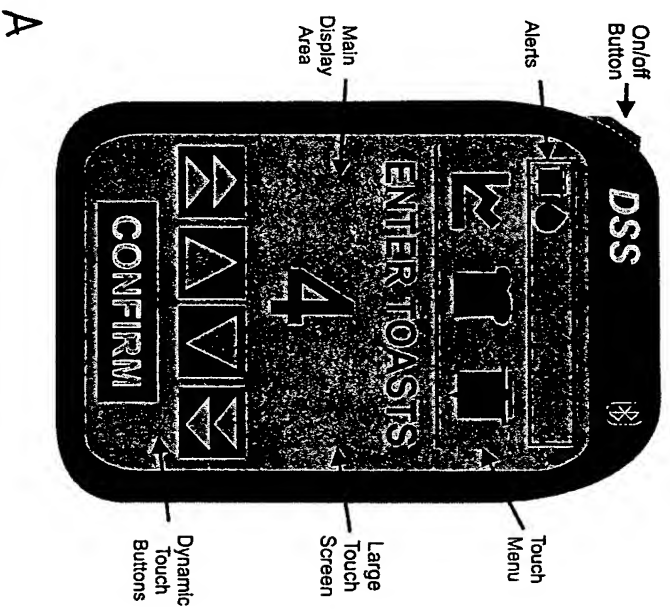
Fig. 29 CHART II continued

Time	Starting Sugar	Toasts	1	2	Total	Insulin	1	2	3	Total	Ending Sugar
12:00 am											
1:00 am											
2:00 am											
3:00 am											
4:00 am											
5:00 am											
6:00 am											
7:00 am											

Fig. 30 Chart III

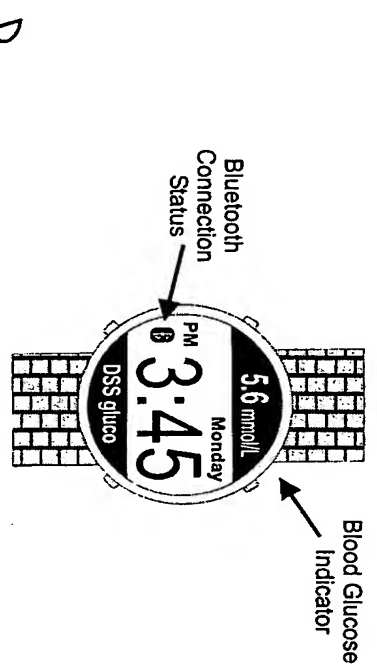
	Line	Time		Original Results	Exercise Results
Step 1	1	Starting Time	Starting blood sugar reading		
Step 2	2	Immediately	Eat 2 Toasts		
Step 3	3	½ hour later	Your typical exercise		
	4		Normal morning activities		
	5	3 hrs after first reading	Blood sugar reading		

Generic



Cellular

Glucometer



Insulin Pump

